

# TIPS FOR TAKING PERFECT PICS

{page 08}

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MILES DIXON/METRO



# For these 9/11 families, still no peace

► "I ask the mayor to please hear us, because we're still in pain," said Iliana Flores yesterday. Flores lost her brother, paramedic Carlos Rey Lillo, on 9/11.

► 11th anniversary of attacks came and went, yet 9/11 families say the battle over the museum continues ► Want loved ones' remains stored aboveground {page 02}

### News

## Clinton still Dems' top star

► Former prez, not Obama, is most popular pol {page 17}

### Television

## 'Britney's quite mean'

► Cowell on why Spears is great for 'X-Factor' {page 22}

### Wellbeing

## Get it on (and on and on)!

► The benefits of sex can't be underestimated {page 26}

### clubmetro

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**In the news****Barclays Center countdown**

Seventeen days until the Barclays Center opens in downtown Brooklyn! And Justin Bieber fans may want to line up now — just kidding. But the teen pop star does have a concert scheduled at the center for Nov. 12 at 6:30 p.m. And knowing how excited his fans get, it may not be such a crazy idea to get in line early for Bieber Fever. Barclays calls Bieber an artist who has "dominated pop culture and social media." ☐ METRO

**In the news****Man arrested in alleged pit bull beating**

Police charged a man with beating a dog inside an elevator in Harlem. According to police, Brian Freeman, 28, a Bronx resident, repeatedly hit the pit bull inside an elevator around 11:30 a.m. on Aug. 26 inside the Wagner Houses on East 120 Street in East Harlem. They charged him with torturing an animal. ☐ METRO/AB

# Ire on anniversary

► As 11th anniversary of 9/11 marked, many families of the dead still deeply unhappy with the museum ► Continue to ask for aboveground tomb for remains of their loved ones



► The family of slain paramedic Carlos Rey Lillo stands outside Ground Zero yesterday. Many families said they want to give more input on how the 9/11 museum will be constructed.

MILES DIXON/METRO

**Families want in on committees**

Monday's agreement created two committees to oversee the progress of the museum. Families say they want the deal amended to include at least one family member on each committee.

"(It should) include at least one family member on the Site Event Committee and one family member on the Advisory Committee," said attorney Norman Siegel, who is representing the seventeen families. "We further call upon them to allow the family members themselves to select on a rotating basis a family member to be involved," he said.

The museum's top spokesman, Michael Frazier, said in an email that families will be considered for the committees. ☐ METRO/DT

**"I waited for months for my son to be recovered, and all I prayed every day was 'Please God, get him out of there, get him out of there.' And now they want to put him back in there."**

ROSEMARY CAIN, REFERRING TO THE UNDERGROUND REPOSITORY WHERE THE REMAINS OF THE DEAD WILL BE KEPT

Hundreds of families who lost loved ones in the September 11 attacks mourned yesterday, and sought solace at the spot where they died.

But for some 9/11 families, peace remains elusive.

A group of 17 families is continuing its long-running battle with the National September 11th Memorial & Museum. Their latest frustration with the museum comes on the heels of an agreement made Monday night that will begin construction again on the stalled museum.

The compromise was reached by the Port Authority and the foundation that runs the memorial and museum. But families who spoke yester-

day said they were deeply disappointed there was no mention of family input in the plans outlined in Monday's agreement.

And where the remains of the victims will be kept is what families say is the most pressing — and most disturbing — conflict.

The museum's website describes a repository for remains adjacent to the museum's memorial exhibition, which will be under the operation of the city's Chief Medical Examiner's Office.

But the families object to the remains being kept below ground. The museum itself is located 70 feet below ground, at the bedrock level of the

## 41%

**There are no remains for 41 percent of victims. The ME will continue to carry out attempts to identify the as-yet unidentified remains. According to Siegel, as of June 2010, no remains at all have been identified for 41 percent of all 2,759 victims.**

foundation of the World Trade Center site.

"We're asking that they be put in a respectful above-ground repository similar to the Tomb of the Unknown Sol-

dier. That's all we're asking for," said Rosemary Cain, who lost her son George in the attacks. "They don't belong in the bowels of a museum."

Ultimately, Cain said, they just want the museum to consult the families of the victims.

"Whatever the families decide we will all abide by," she said.

A museum spokesman said the foundation has made many efforts dating as far back as 2002 to conduct discussions and get feedback from the families of the victims.

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► A woman takes a moment on her way to work.

## A subtle, but somber, 9/11 memorial day

One year after a highly emphasized 10th anniversary, the mood in Lower Manhattan on 9/11 yesterday was less somber than in years past.

Some family members who came to the WTC for the annual commemoration acknowl-

edged that with the 11th anniversary, the city has taken a significant step forward in moving on from the tragedy.

But the wounds are still fresh for those who lost loved ones.

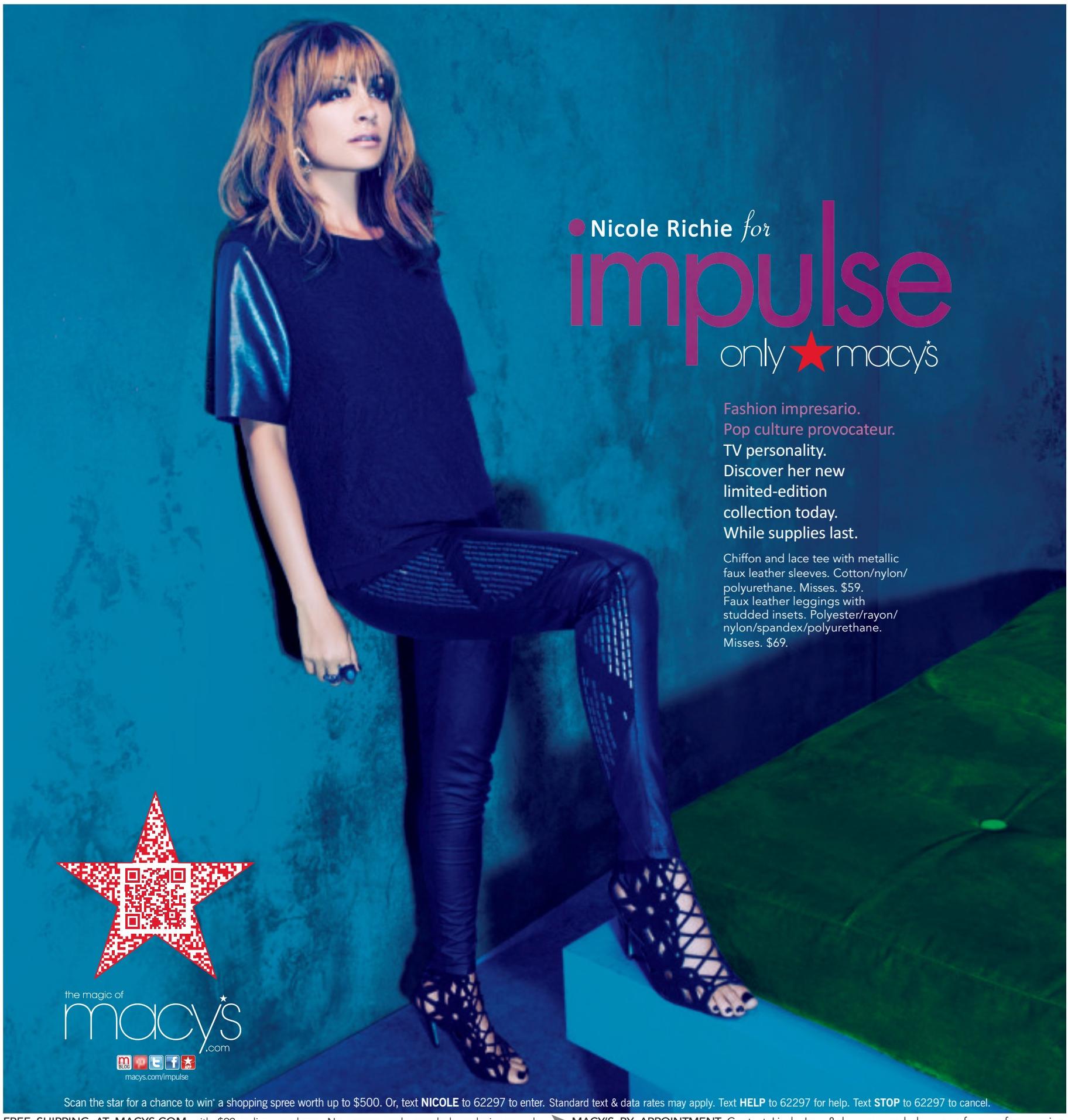
"Like anything else, the

memories die away ... and you can understand that," said Pat Marino, who lost his firefighter son, Kenneth Marino. "But to the families, I think it's going to stay just the same as day one. It doesn't get any easier."

Eddie Bracken, who lost his

sister Lucy Fishman in the attacks, said he is the only sibling in his family who still attends the ceremony.

"I guess life goes on, in a sense," he said. ☐ CASSANDRA GARRISON AND DANIELLE TCHOLAKIAN



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# Woman raped, then thrown from pier near Seaport

► Woman, 45, met man on grassy elevated area of the pier ► She then passed out and came to 20 feet below  
 ► Police: She was sexually assaulted and thrown off

A woman was raped and thrown off a 20-foot-high railing just steps away from the South Street Seaport on Monday, police told Metro yesterday.

Police said they responded to a 911 call at 3:37 a.m. on Monday, to Pier 15, just south of the tourist-laden Seaport. The pier, which juts out into the East River, is at South Street and Fletcher Street.

There is a small grassy park on top of a glass building on the pier. The park is about 20

feet above the concrete pier and the river.

Police said they found the victim, a 45-year-old white woman, laying on the concrete, badly injured. She said she had been sexually assaulted and then thrown from the park above.

EMS units rushed her to Bellevue Hospital in serious condition. She suffered a broken femur and a broken pelvis in the fall, police said.

The incident was first reported by Geoffrey Croft, who

runs the group NYC Park Advocates. He said he heard about it through people familiar with the ongoing police investigation.

A person familiar with the investigation told Croft that the woman told police she was a member of the Occupy Wall Street movement. She knew her attacker, Croft and police said. It is unknown if he is affiliated with Occupy.

"The way it was phrased to me was that they met and then they went up to the roof to



► A woman said she was raped at the park on top of the glass pavilion and thrown from it. A restaurant and marine education area is being planned for inside the pavilion.

## Security at Pier 15?

The Parks Department operates the park level of Pier 15.

There are security patrols of the pier, but they are not 24-hour patrols, according to NYC Park Advocates.

According to Croft, there

were two security officers there on Sunday who left at 8 p.m.

Vickie Karp, a Parks Dept. spokeswoman, did not confirm his statements and referred all questions to the NYPD.

The park closes at dusk, but it's not difficult to get past a chain gate blocking the stairs.

could not confirm if her pants were removed.

Police are searching for the suspect, a black man who stands approximately 5-foot-8, weighs 230 pounds and has dreadlocks.

Justin Wedes, a spokesman for Occupy Wall Street, said this is the first he's heard of the incident. The pier is connected to the East River Waterfront Esplanade.

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ICD-9 Coding / Inpatient (33)	T, Th	3/5-4/9/13	6pm-9pm	\$255
ICD-9 Advance Coding (42)	T, Th	4/16-5/30/13	6pm-9pm	\$295
CPT-4/HCPCS (42)	T, Th	6/4-7/23/13	6pm-9pm	\$295
Computerized Medical Billing (24)	T, Th	7/30-8/22/13	6pm-9pm	\$225
ICD-10 / HIPAA Compliance (24)	T, Th	8/27-9/19/13	6pm-9pm	\$225
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# Feds wiretapped NYC Comptroller Liu's phone calls

► Bombshell comes as FBI continues its probe into comptroller's campaign fundraising ► Feds listened in for more than a year ► Ex-campaign treasurer points out that no charges have been brought yet against Liu

Federal officials began wiretapping New York City Comptroller John Liu's conversations two years ago, two of his former top aides revealed in court documents.

Liu, who has made no secret about wanting to run for New York City mayor, is embattled in an FBI investigation into his fundraising, which officials allege included "straw donors" to funnel illegal contributions above the individual limit.

Liu has not been charged,

## Quoted

**"For all the resources expended, a case against John Liu has never been made."**

FORMER CAMPAIGN TREASURER  
JIA HOU

but a former fundraiser and campaign treasurer were arrested.

Federal officials listened in on his phone conversations for a year and a half, The New York Times reported.

The Times discovered the information from court filings made by two lawyers that are representing Xing Wu Pan, a former fundraiser, and Jia Hou, a former campaign treasurer.

But even though Hou has been charged with funneling



► New York City Comptroller John Liu, center, meets with 9/11 first responders earlier this year. Liu has not backed down from his mayoral ambitions despite an FBI probe.

## FBI's actions 'outrageous'

Attorneys for Xing Wu Pan said they want the charges dismissed.

The lawyers called the government's actions "outrageous and conscience-shocking."

For example, they say that the government told judges that they overheard Liu discussing an illegal contribu-

tion of \$10,000, but that a separate conversation clarified that the \$10,000 was legal and from six donors.

The lawyers continued that the government has an "obsession with prosecuting Comptroller Liu."

Both defendants have a February trial date.

A FBI spokesman declined comment to Metro about Liu.

● METRO/AB

illegal campaign money, she did note that the feds have yet to bring charges against her former boss.

"For all the resources expended, a case against John Liu has never been made," she said, according to the New York Post.

According to The Times, federal officials had 10 wiretaps on six different phones belonging to Liu and several others.

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\*Any opinions, findings, and conclusions or recommendations expressed in this material are those of the author(s) and do not necessarily reflect the views of the United States Department of Health and Human Services, Administration for Children and Families.

# Backlash against proposed taxi apps

► TLC considering proposals for apps that allow New Yorkers to hail and pay for cabs by phone ► But not all drivers think it's a good idea ► Livery drivers in particular are worried

New Yorkers may be ready to download an easier taxi hailing experience with the touch of a finger — but many drivers are hitting the brakes.

Some drivers are pushing back against plans for apps to hail and pay for cabs by smartphone.

Critics cite worries that the apps might mean fewer cabs available for spontaneous street hails or drivers fumbling with phones while they should have their eyes on the road.

Apps like Uber, GetTaxi and Taxi Magic allow users to hail rides with the tap of a finger.

In June, the Taxi and Limousine Commission collected app proposals from companies like these to allow taxi passengers to pay, hail and even rate their cabbies.

But not all drivers are wel-



► Riders may love taxi-hailing apps, but some yellow cab drivers aren't quite so smitten.

EMILY ANNE EPSTEIN/METRO

coming the apps with open arms. The Livery Roundtable, which represents livery drivers, criticized the plans, saying that preordering a cab would blur the line with its industry, where people call to

order a car. It could also mean fewer street hails.

Yellow cab driver Charbel Sfeir detailed another potential problematic scenario that could arise from the apps.

"What happens if you are

on 10th Street and Greenwich, and I'm on 12th Street and Washington. You hit request, and I'll respond — I'll be there within minutes," he said. "[But] sometimes people are running late to work, so they

don't want to wait for me to pick them up, and they will get into a cab driving by or dropping off someone else."

Also, he said he is concerned about getting tickets while waiting for fares where it is not easy to pull over.

"On Fifth Avenue or Madison Avenue, there's no place to park," he said. "My concern is No. 1 the tickets."

And earlier this year, the Maryland-based Taxicab, Limousine and Paratransit Association cautioned that the apps could create fare gouging.

TLC spokesman Allan Fromberg said the agency has received positive feedback from cabbies, and they promised to work with the livery industry.

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## Uber wants to expand to yellow cabs

Uber is already in place in New York City using black livery cars, but the app company announced earlier this month they want to expand their app to the city's ubiquitous yellow cabs soon.

But there is just one catch: All the apps are still technically illegal under TLC rules.

City officials say they are hoping to legalize paying for cabs via phone soon, but it would not happen before February, when a taxi contract with their credit card payment processor ends.

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Whether you're a novice photographer or a seasoned pro, the essentials for capturing a stellar shot are one and the same. According to Ron Djemshidoff, one of J&R's resident photo experts, the key to snapping a striking photo lies in the composition.

"Composition is primary, and is ultimately what dictates your picture," said Djemshidoff. More often than not, people simply point and shoot without considering the subject in relation to the background. "A painter doesn't just paint the subject," he said. "They paint the entire canvas."

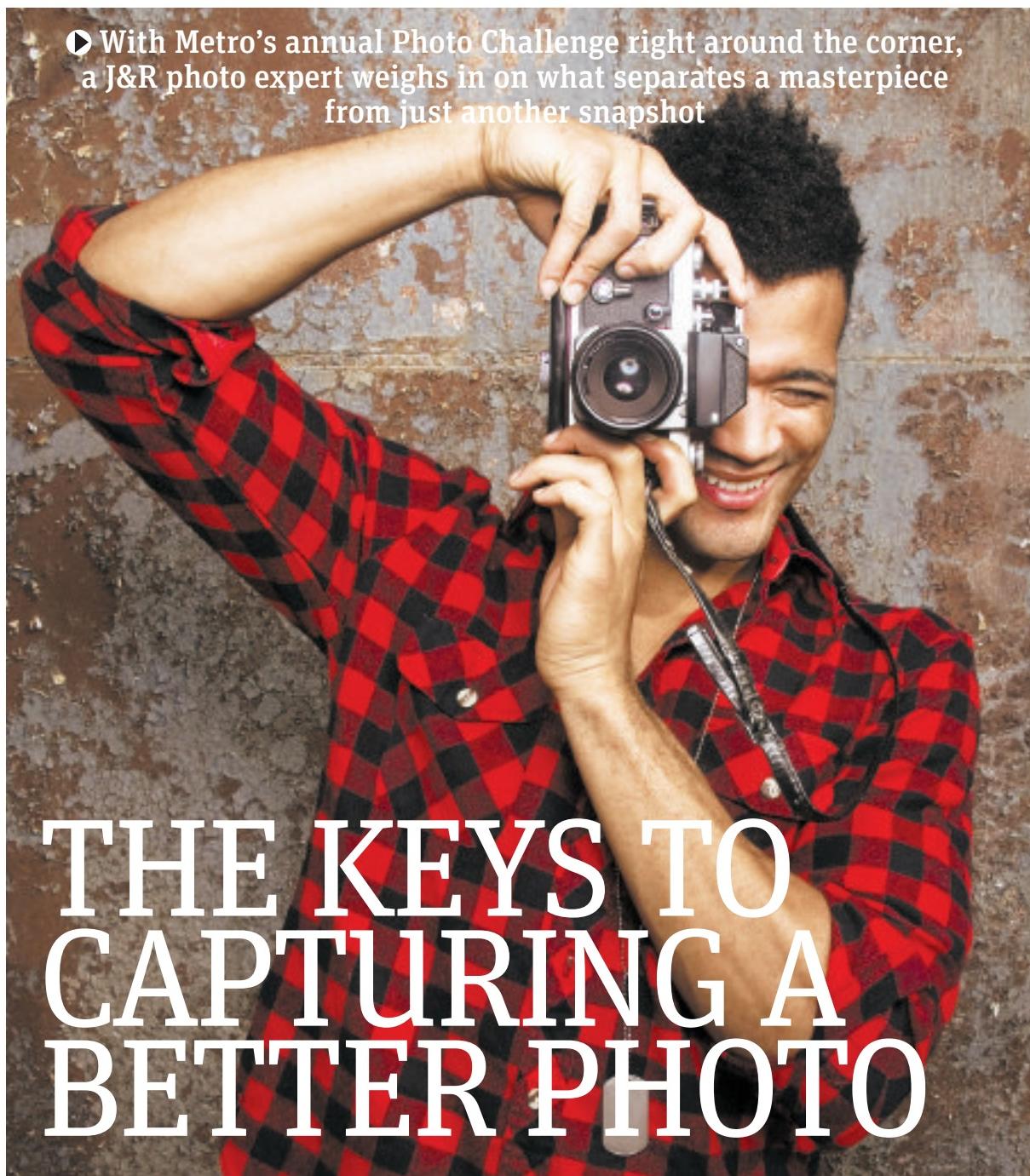
If composition is a photographer's most crucial tool, understanding the camera is a close second. The most common photography misconception may be that an expensive camera is a prerequisite for incredible photos. Not so, according to Djemshidoff. In fact, relying too heavily on a fancy camera is the downfall of many photographers.

"A decent, working camera is really all you need," he said, waving off the idea that only the most expensive cameras capture great photos. "The key to a better picture is actually learning your camera."

In other words, discarding the instruction manual may do you in before you even get started. Djemshidoff advises all photographers to get to know their cameras well. Be sure to read the manual, and test shoot using different settings and styles. If need be, don't be afraid to visit an expert who can demonstrate how to properly use the camera's various tools and functions. When it comes to photography, taking the time to play with your camera and learn its abilities can seriously elevate the finished product. The same can be said for experimenting with sources of light.

The angle and direction of a photo's light source can often determine the emotional

► With Metro's annual Photo Challenge right around the corner, a J&R photo expert weighs in on what separates a masterpiece from just another snapshot



# THE KEYS TO CAPTURING A BETTER PHOTO

## Getting schooled

From dynamic exhibits, to innovative classes, to youth programs: the International Center of Photography is a photo-lover's dream.

Famed for its thought-provoking and often edgy exhibits, the International Center of Photography (ICP) has carved out a spot for itself in the New York art scene. ICP's museum inspires visitors with stunning photo installations, while its school offers a wide array of photography coursework.



► The International Center of Photography

These two components overlap through ICP's Museum Education Program, which is centered on interactive guided gallery tours. For those looking to turn their photography hobby

into something more, ICP touts an MFA program in addition to other certificate programs. Classes cover everything from digital photography, to Photoshop, to inspiration and vision. Non-degree students are welcome to enroll in many courses.

ICP's school casts a wide net, even reaching youth through its Teen Academy program. Technical workshops, college portfolio preparation, and photo classes are among its teen offerings. Located on West 43rd Street and Sixth Avenue, ICP is worth the trip for those with an interest in photography.

## Amateur Auteurs

Smartphones and digital media are revolutionizing the way we take pictures. Traditional photo developing may be a lost art.

Long gone are the days of huddling over film in the darkroom, or waiting at the drugstore counter for your vacation pictures to develop. With the advent of smartphones, digital cameras, and photo sharing through social media, shooting with actual film is a thing of the past.

"I first shot professionally

with digital equipment in the early 2000s and never had the desire to go back to film," said professional photographer Lisa Pines. "Going digital lets you see what you're doing right away, so you have more control over your work," she said, adding that traveling through airport security with film has also become extremely difficult since Sept. 11.

As the world continues to go digital, smartphones are quickly defining themselves as a new medium for photography. With point-and-shoot cameras on the decline, nothing beats the convenience of having a 5-megapixel camera right at your

## Tips

Don't get tripped up by rookie mistakes. Here's a cheat sheet to make sure you always get the best shot.

- Consider the whole image: Remember, you're shooting the entire frame, not just your subject. How will it be perceived in relation to the other elements of the photo?
- Play with lighting: Be mindful of the direction of light as well as any resulting shadows. A photo's lighting can dramatically alter the tone and overall message of the photograph.
- Know your camera: Read the user manual and experiment with different settings and functions. Understanding your camera's capabilities is vital, and can make or break your shot. Nine times out of ten, a sloppy photo is the result of the photographer — not a camera malfunction.
- Let your subject choose you: Go digging for inspiration. Walk around your neighborhood, look at photo books, visit galleries.

reaction of the viewer. The same image can appear playful, contemplative, or even sinister, depending on the lighting.

When all is said and done, the most obvious element of a stunning photograph may be its subject. So how do you choose what to shoot?

"Find interesting subjects, and you'll get interesting photos," said Djemshidoff.

MARIANNE HAYES

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**"Going digital lets you see what you're doing right away, so you have more control over your work."** LISA PINES

fingertips — so much so that, according to market research company NPD, consumers now take more than a quarter of all photos and videos on smartphones.

So is traditional photography a lost art? No, but digital media is definitely here to stay.

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**In the news****Taliban raked in \$400M from diverse sources**

**UNITED NATIONS.** The Taliban raised about \$400 million last year from sources that included donations, taxing local economies and extorting money from such targets as drug dealers, cell phone operators and aid projects, according to a U.N. report on



the militant Islamist group released yesterday.

The report to the U.N. Security Council by the sanctions monitoring team said that about \$275 million of that reached Taliban leadership and the rest was collected, spent or misappropriated at the local level.

REUTERS

**IRS awards \$104m to UBS tax whistle-blower**

**WASHINGTON.** U.S. tax authorities have awarded \$104 million to a whistle-blower in a major tax fraud case against Swiss bank UBS AG that widened a government crackdown on Americans avoiding taxes in Switzerland, his lawyers said yesterday.

Bradley Birkenfeld, freed from prison, was not present at a news conference where his attorneys announced a re-

ward made under an Internal Revenue Service whistle-blower program that has come in for some criticism in Congress.

Birkenfeld had sought a large payout for his role in a tax-dodging case that resulted in early 2009 in UBS entering into a deferred prosecution agreement and paying \$780 million in fines, penalties, interest and restitution.

REUTERS

# Obama says 9/11 victims will never be forgotten

President Barack Obama said yesterday that the Sept. 11 victims would be remembered "no matter how many years pass," as Americans marked the 11th anniversary of the attacks in which nearly 3,000 people were killed by airliners hijacked by Islamist militants.

Two of the passenger jets brought down the Twin Towers of New York City's World Trade Center, another hit the Pentagon outside Washington and a fourth crashed in a field in Pennsylvania when passengers aboard that flight fought back against the hijackers.

Obama, speaking at the Pentagon where 184 people were killed, told victims' families that the whole country shares their loss.

"Eleven times we have paused in remembrance and reflection, in unity and in purpose," Obama said. "This is

**"This is never an easy day, but it is especially difficult for all of you, the families of nearly 3,000 innocents who lost their lives"**

PRESIDENT BARACK OBAMA

never an easy day, but it is especially difficult for all of you, the families of nearly 3,000 innocents who lost their lives."

"But no matter how many years pass, no matter how many times we come together on this hallowed ground, know this: That you will never be alone, your loved ones will never be forgotten. They will endure in the hearts of our nation because through their



► At Ground Zero in New York where the towers once stood, the annual reading of the list of 2,983 people killed at the three sites began at 8:39 a.m. yesterday.

sacrifice they helped us make the America we are today, an America that has emerged even stronger."

Speaking under clear blue skies that recalled the crisp

morning of Sept. 11, 2001, Obama said America's fight is not with Islam but with al Qaeda, the group responsible for the attacks, and its allies.

REUTERS



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**In the news****Pirate Bay founder extradited to Sweden**

**STOCKHOLM.** A co-founder of the free file-sharing website Pirate Bay was extradited to Sweden yesterday to begin a one-year jail sentence for breaching copyright laws and was held by authorities as part of a separate investigation into hacking.

Gottfrid Svartholm Warg, a 27-year-old Swede, fled to Cambodia after being convicted in 2009 of Internet piracy in Sweden. He was arrested in late August and extradited on Monday.

On arrival in Stockholm, Warg was detained on suspicion of hacking into computers at a company that manages data for the Swedish tax authority.

REUTERS

# Apple gambles with once a year launch of iPhone 5 today

Apple Inc.'s debut of its redesigned iPhone will test anew its high-stakes strategy of once-a-year upgrades for a product that accounts for about 70 percent of the company's profits.

The new phone, to be introduced today by Chief Executive Officer Tim Cook, will probably have a new hardware design,

including a bigger screen and thinner body, as well as new mapping software and compatibility with speedier next-generation data networks. Analysts predict the iPhone may be among the biggest consumer-electronics releases in history. Still, Apple's reliance on the device leaves Cook little margin for error.

"The iPhone is the make-or-break product for Apple," said Sarah Rotman Epps, a mobile-phone industry analyst at Forrester Research. "Apple has the undeniable lead, but to stay on top they need to keep innovating."

BLOOMBERG

**"Apple has the undeniable lead, but to stay on top they need to keep innovating."**

SARAH ROTMAN EPPS



METRO FILE PHOTO

► Almost one year removed from the death of Apple co-founder Steve Jobs, the newest iPhone faces a growing army of competitors looking to grab a piece of a smartphone market.

## New iPhone could boost GDP by 0.5

The next generation iPhone could not only boost the tech giant's bottom line, but could give a significant boost to the overall U.S. economy.

Sales of the new iPhone could add between a quarter and a half percentage point to fourth-quarter annualized growth in the U.S., according to J.P. Morgan's chief economist, Michael Feroli, in a note to clients on Monday.

Such an impact would be significant.

"Calculated using the so-called retail control method, sales of iPhone 5 could boost annualized GDP growth by \$3.2 billion, or \$12.8 billion at an annual rate," Feroli wrote. That 0.33 percentage-point boost, he added, "would limit the downside risk to our Q4 GDP growth protection, which remains 2.0 percent." ■ REUTERS

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12



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**In the news****Secret Syria strike helps Israel signal resolve on Iran**

JERUSALEM. An Israeli cabinet minister yesterday invoked his country's ostensibly secret 2007 air raid on an alleged Syrian nuclear reactor to suggest Israel could successfully strike

Iran without the support of the U.S.

Israel has never formally acknowledged the bombing of the desert site at Deir al-Zor, nor said what was destroyed — a precaution against drawing Syria into a retaliatory war, according to then-U.S. President George W. Bush, who in his memoir described the target as a nascent, North Korean-supplied reactor.

REUTERS

**'Titanic' special effects company goes bankrupt**

Digital Domain Media Group Inc., an Academy Award-winning company that produced special effects for films including "Titanic," filed for Chapter 11 bankruptcy protection early yesterday, according to a court filing.

Digital Domain, whose founders included "Titanic" director James Cameron, listed total debt of \$214.9

million and total assets of \$205.0 million, the court filing showed.

The company, which specializes in creating realistic computer-generated humans, said in June it was planning multiple virtual Elvis Presley likenesses across various platforms, including live shows, TV and online. REUTERS

**Egyptians angry at film scale US embassy walls**

KHALED DESOUKI/AFP/GETTY IMAGE



► Egyptians protest outside the U.S. embassy in Cairo yesterday.

Egyptian protesters scaled the walls of the U.S. embassy yesterday, tore down the American flag and burned it during a protest over what they said was a film being produced in the United States that insulted Prophet Mohammad.

In place of the U.S. flag, the protesters tried to raise a black flag with the words "There is no God but God, and Mohammad is his messenger," a Reuters witness said.

Once the U.S. flag was hauled down, some protesters tore it up and showed pieces to cameras. Others burned the remains outside the fortress-like embassy building in central Cairo. But some protesters objected to the flag-burning.

Many Muslims consider any depiction of the Prophet to be offensive.

"This movie must be banned immediately, and an

**2,000**

About 20 people stood on top of the embassy wall, while about 2,000 protesters gathered outside. The demonstrators were mainly supporters of Islamist groups or "ultras" youths.

apology should be made," said 19-year-old Ismail Mahmoud, a member of the so-called "ultras" soccer supporters who played a big role in the uprising that brought down Hosni Mubarak last year.

He called on President Mohamed Mursi, Egypt's first civilian president and an Islamist, to take action, without giving details of the film that angered him or other protesters. REUTERS

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**NATIONAL** - When Dr. Philip Howren tells you what to do to alleviate your joint problems, you better listen. And when he says you can do it for just a few dollars, you better do it today.<sup>2,3</sup>

That's because Dr. Howren is one who knows joints and joint pills. He's a highly regarded emergency medicine physician who has checked out all the top joint pills on the market.

"Of the 162 different dietary supplements for joint health, the only one I'll endorse is Fast-Acting Trigosamine®. It's the only one I tell my patients to take and that's because I take it myself," Dr. Howren said.

"To alleviate joint problems, repair and strengthen cartilage, increase joint lubrication and act as a shock absorber, you need a pill with several key ingredients," said Dr. Howren.<sup>3</sup>

"You'll find some of them, like glucosamine in generics and top brands like Osteo Bi-Flex®, Cosamin® DS and Move Free®, but only Fast-Acting Trigosamine has all the key joint health supplements I recommend," Dr. Howren said.<sup>1</sup>

"That's why if you're taking any of these brands, you should make the switch to Trigosamine," Dr. Howren

said in a statement featured in this advertisement.<sup>1</sup>

Dr. Howren isn't the only one telling people to take Trigosamine. Just ask any pharmacist at CVS, Rite Aid, Walgreens and even Wal-Mart. They'll tell you right where Trigosamine is on their shelves. Analysts say it has become a very hot seller.

Even though it's a top pick, it won't set you back any more than other joint pills and the best news is that Trigosamine (*pronounced Try-go-sa-mean*) is now on sale for just \$18 by mail from the National Health Center. That's a huge savings over the regular price of \$29.

To snag this deal, just use a blank sheet of paper and print your full name, address and phone number. Then just cut out the list below and circle the number of bottles you want and enclose the amount listed;

\$18 for 1 bottle of Trigosamine;  
Or, just add \$36 more to snag  
the 90 day super bonus saver.

This sale that saves you \$26 ends tomorrow. So any claim postmarked beyond three days from tomorrow may not be accepted. Be sure to add \$4.85 for S&H and enclose



**TOP PICK:** "It's better than anything our doctors have ever given us for our joints. Fast Acting Trigosamine has been a miracle," said Kathi Vigotti. The smart thing to do is call to stock up on it when you can get it on sale, and right now it's on sale, she said.

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If you want to use a debit or credit card, you may do so by calling 1-866-966-7608 before the sale ends. ■

<sup>1</sup>TRADEMARKS ARE THE PROPERTY OF THEIR RESPECTIVE OWNERS AND ARE NOT AFFILIATED WITH TRIGOSAMINE. <sup>2</sup>DR. HOWREN IS AN EMERGENCY ROOM PHYSICIAN AND PAID MEDICAL CONSULTANT TO PATENTHEALTH, HE IS REMUNERATED FOR HIS SERVICES.

<sup>3</sup>THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.

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## Public snaps up scarce U.S. coins for \$17; Vault Bags of 1,000 coins going fast

**NATIONWIDE** - When Mary Ellen Withrow tells you to do something, you better listen. And when she says you can get Vault Bags of scarce U.S. coins for just a few dollars, you better do it today.

That's because she knows money like

no other. She's the now retired 40th U.S. Treasurer who presided from 1994-2001 over the longest economic boom in U.S. history. Today, she said the private World Reserve hasn't done enough to tell people about its new program that lets anyone snap up these valuable

scarce coins for just a few bucks.

Today's readers can claim sets of the scarce coins and the unsearched bags of over 1,000 old, scarce, and new U.S. coins. With just 2 days left to send in a claim from this special advertising announcement, she said it's smart to hoard as many bags as you can get. These bags of money also make an impressive gesture for anyone you want to be remembered by.

It's easy to claim these scarce coins. Just use a blank sheet of paper and print your full name, address, and phone number. Then cut out the list below, circle the number of bags and sets you want, and enclose the amount listed:

\$17 for the scarce 3 coin sets;  
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Each bag is known to contain multi-

**FOR THE TAKING:** Nothing beats hoarding scarce coins like the Liberty "V" Nickel and Century-Old Indian Heads shown here. Today's readers can claim these scarce coin sets or get the \$97 super saver of over 1,000 old, scarce, and new coins in unsearched bags, each certain to contain handfuls of these scarce coins.



ple sets of scarce coins and hundreds of other unsearched coins. "That's a real steal for over 1,000 old, scarce, and new U.S. coins. Just imagine what you will find in these bags," Withrow said endorsing the program.

Please note that any claim postmarked beyond tomorrow's deadline date may not be accepted. Just be sure to add \$4.85 per order for secure shipping and enclose check, cash, or money order, payable to World Reserve and mail to:

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If you want to use a debit or credit card, you may call the National Coin Claim Hotline at 1-866-787-8551 before the deadline ends. ■

### In the news

# **West is destroying our rain clouds, Ahmedinejad**

**DUBAI.** Iranian President Mahmoud Ahmadinejad has accused his country's enemies of enacting a sinister plan to create a drought by somehow destroying the rain clouds before they reach Iran, several Iranian websites reported yesterday.

Ahmadinejad has made similar remarks before and last year accused the West of devising a plot to cause drought in the Islamic republic.

"The enemy destroys the clouds that are headed towards our country, and this is a war Iran will win," Ahmadinejad said, according to several websites including the BBC's Persian-language site and [www.snn.ir](http://www.snn.ir). **REUTERS**

# **HRW says Congo rebels commit widespread human rights abuses**

Rebels in eastern Democratic Republic of Congo who are reported to be receiving support from neighboring Rwanda have committed widespread war crimes, including dozens of rapes and killings, Human Rights Watch claimed in a report yesterday.

Congo's eastern hills — haunted by armed groups for nearly two decades — have seen six months of clashes that have forced at least 220,000 people to flee their homes.

U.N. experts allege Rwandan officials have provided logistical support and troops to the M23 rebels, based around soldiers who defected from Congo's army, although Rwanda strongly rejects the claims.

Efforts to tackle the crisis appear to be stalling, with the U.N.'s peacekeeping head saying on Monday that the deployment of a neutral force to



► HRW said it conducted nearly 200 interviews and found evidence that at least 46 women and girls had been raped.

PHIL MOORE/AFP/GETTY IMAGES

## **Denied attacks**

M23's spokesman Colonel Vianney Kazarama denied that the group had carried out attacks on civilians and accused HRW of failing to conduct proper research. "We reject the report in its entirety," he said. Rwandan Foreign Minister Louise Mushikiwabo also dismissed the picture painted by HRW.

tackle the rebels remained only “a concept.”

The U.S.-based Human Rights Watch said yesterday that at least 33 of M23's own fighters had been executed for trying to desert, while 15 civilians had also been deliberately killed in rebel-held territories since June. **REUTERS**



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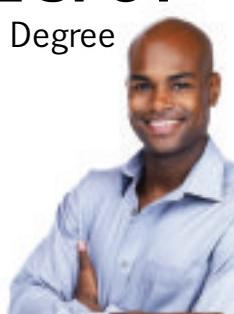
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# Boehner says he's not confident about avoiding 'fiscal cliff'

U.S. House of Representatives Speaker John Boehner voiced concern yesterday that a divided Washington may be unable to avoid a looming "fiscal cliff" at the end of this year that could push the country into a recession.

"I'm not confident at all," Boehner, the top Republican in Congress, said of the chances of success by Capitol Hill and the White House to resolve a number of fiscal issues, including expiring tax hikes for millions of Americans and automatic spending cuts, known as a sequester, totalling \$1.2 trillion that will begin to go into effect in January.

"The House has done its job on both the sequester and on the looming tax hike that will cost our economy 700,000 jobs. The Senate at some point has to act. And on both of these, where's the president, where's the leadership?" Boehner asked.

Business leaders and economists have warned that allowing the across-the-board spending cuts to go into effect at a time when tax cuts



► Speaker John Boehner, R-Ohio, conducts a news conference after a meeting of the House Republican Caucus in the Capitol.

**"The House has done its job on both the sequester and on the looming take hike. ... Where's the president, where's the leadership?"**

BOEHNER

enacted in 2001 and 2003 will also expire could drain the struggling U.S. economy of spending power.

Few political experts expect Congress to tackle the issues along with huge federal budget deficits and debt before the Nov. 6 presidential and congressional elections.

Moody's Investors Service said yesterday that the United States may lose its triple-A

debt rating if budget negotiations failed to reduce the record U.S. debt, which recently topped \$16 trillion.

Rival ratings agency Standard & Poor's stripped the United States of its top ratings last year after Congress failed to come up with a long-term deficit reduction plan and political fighting brought the country to the brink of default. **REUTERS**

## News in brief

### Chicago teacher strike could give Obama headache

CHICAGO. The Chicago teachers' strike is putting President Barack Obama's re-election campaign in a bind, pitting unions loyal to him against officials with ties to the White House. The Obama camp needs to be careful not to upset the unions, which it

needs for campaign funds and to do ground work leading up to the Nov. 6 election, while not alienating independent voters who are worried about the Democrats being too close to powerful labor groups.

While not directly involved, Obama is associated in many minds with local politics in his hometown, where one of his current cabinet members, Education Secretary Arne Duncan, formerly oversaw the schools and now endorses the changes that have angered teachers. And Mayor Rahm Emanuel is a former Obama chief of staff. **REUTERS**



► The teachers' strike comes at a bad time for Obama.

SCOTT OLSON/GETTY IMAGES

### Romney's vouchers system could take years to begin

Republican presidential candidate Mitt Romney wants to turn Medicare into a voucher system, and President Barack Obama hopes that fact alone will help him win votes among senior citizens and baby boomers.

But health policy experts, including two analysts who first floated the idea of Medicare vouchers 17 years

ago, say no such plan is likely to become legislation — let alone law — until after the next presidential election in 2016.

That's because the mere notion of fundamentally revamping the \$590 billion-a-year health-care program, which serves 50 million elderly and disabled Americans, raises a multitude of policy issues that no politician or policymaker has addressed publicly.

**REUTERS**

## Metropolitik

### CONN CARROLL

SENIOR EDITORIAL WRITER FOR THE WASHINGTON EXAMINER



# THEY LOVED CLINTON, NOT OBAMA

Two more polls, two more pieces of evidence that the Democratic National Convention gave President Barack Obama's re-election campaign a big boost. First, according to CNN, Obama now leads Romney 52 percent to 46 percent among likely voters. Before the conventions, CNN had Obama up 49-47. Second, according to The Washington Post, Obama now leads Romney 49 percent to 48 percent among likely voters. Immediately prior to the conventions, Romney led by 2 points.

**S**o what exactly about the Democratic Convention did Americans love so much? Not Obama. According to Gallup, which currently shows Obama's convention bounce at about 2 points, only 43 percent of adults thought Obama's convention speech was "excellent." The rest of America either thought it was "OK" (17 percent), "terrible" (16 percent), or had no opinion (24 percent). Independents had even lower opinions of Obama, with just 35 percent rating the speech "excellent" while 39 percent said it was "OK" or "terrible."

Now contrast those numbers with former-

## Quoted

**Clinton managed to "work his will" and form bipartisan compromises. ... Obama, on the other hand, has completely failed to work with today's Congressional conservatives.**

President Bill Clinton, whose speech was rated "excellent" by a full 56 percent of American adults. That's 13 points better than Obama's performance. To the extent that Democrats got a bounce out of their convention, it is not an Obama bounce. It is a Clinton bounce.

In his new book, "The Price of Politics," Bob Woodward writes, "It is a fact that President Obama was handed a miserable, faltering economy and faced a recalcitrant Republican opposition. But presidents work their will — or should work their will — on important matters of national business. ... Obama has not."

Clinton managed to "work his will" and form bipartisan compromises with then-Speaker Newt Gingrich, who no one has ever accused of being shy about practicing partisan politics.

Obama, on the other hand, has completely failed to work with today's Congressional conservatives. The American people will eventually figure this out.

— Conn Carroll (carrroll@washingtonguardian.com) is a senior editorial writer for The Washington Examiner. Follow him on Twitter at @connccarrroll.

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# THE WORD

Metro's **Monica Weymouth** shares her take on the world of gossip @monicaatmetro monica.weymouth@metro.us

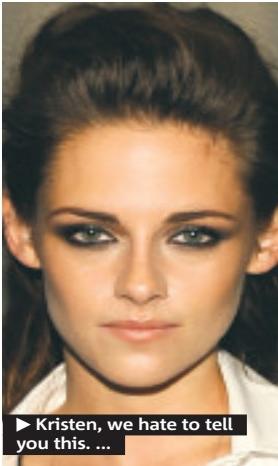


## James Franco chatting up Kristen Stewart?

Although she's still shuffling through airports in **Robert Pattinson's** T-shirts, it seems **Kristen Stewart** may be entertaining the idea of moving on. The actress was spotted chatting with a "smitten" **James Franco** at the Toronto Film Festival, reports RadarOnline.

"There was a lot of flirting, and Kristen was overjoyed by the attention she was getting from James, who was gushing over her, saying what a great actress he thinks she is, and was full of praise for her latest movie, 'On the Road,'" a source tells the site. "At the end of their chance meeting, James took Kristen's number and asked her out for dinner. Kristen initially said no but is mulling over the idea. She knows she has to move on now following her breakup with Rob." (Is it just us, or does this "source" sound like Kristen Stewart giving herself a pep talk in the bathroom mirror?)

Now, we wouldn't have initially put Franco and Stewart together, but maybe they can bond over complaining about fame while taking roles in blockbusters. Plus, Franco's so pretentious these days, we bet



► Kristen, we hate to tell you this....



► But this is not what we'd call an upgrade.

he has a stronger British accent than Pattinson.

### Never change, Tara Reid

They just don't make them like **Tara Reid** anymore. The sometimes-actress, always-party girl was caught on camera stumbling around St. Tropez last

weekend like it was spring break 1998. In quite possibly the drunkest three minutes we've seen this side of college, the actress fell into a row of motorcycles, brought a friend down with her and then just barely boarded a yacht, all without even a flicker of shame.

**Lindsay Lohan**, you better up your game.

### Chris Brown is killing us

**Chris Brown** is sporting a questionable new neck tattoo — even for Chris Brown, even for a neck tattoo. The singer's latest ink depicts



### Alley attempts Cruise control

Longtime Scientologist **Kirstie Alley** is coming to **Tom Cruise's** defense after *Vanity Fair* published an article alleging that the church acts as his eerie matchmaking service.

"Whenever you have articles written that are third and fourth parties' opinions, it's like the game Gossip and you don't get

what appears to be the bruised face of a woman who looks suspiciously similar to **Rihanna**, whom he was convicted of assaulting three years ago. Brown's publicist is denying that the tattoo is of Rihanna, as if that somehow makes it classier.

the truth. I think that a magazine of that caliber should have interviewed him, and then they would get the truth," Alley told "Entertainment Tonight."

*Vanity Fair*, for the record, did their duty as a "magazine of caliber" and reached out to *Camp Cruise*.

Metro, for the record, thinks Tom Cruise is a beautiful alien sent here to learn our ways and steal our hair products.

### The feed ...

► Checking in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

► **Joan Rivers**  
I love Fashion Week in New York. Everyone is so chic! I just saw a bag lady wearing a pantsuit made from old "Will Work For Food" signs.

► **Steve Martin To Go**  
Ah, summer's almost over and fall is almost setting in. Which proves that you can tweet anything.

► **danieltoth**  
if you have ever typed "sorry not sorry" i hope you die... not sorry.

► **mindykaling**  
Eating poorly at healthy restaurants is kind of my jam



Mindy Kaling

### Talking points

#### Obama saw through Nicki Minaj's lyrics



Nicki Minaj

While many people thought **Nicki Minaj's** lyrics about supporting Republican presidential candidate **Mitt Romney** were sincere, at least one fan wasn't worried: **President Barack Obama** himself. "I'm not sure that's actually what happened," Obama says in an interview with an Orlando radio station. "I think she had a song on there, a little rap that said that. But she likes to play different characters, so I don't know what's going on there." Minaj herself took to Twitter to confirm Obama's suspicions. "Ha! Thank you for understanding my creative humor and sarcasm, Mr. President. The smart ones

always do," she tweeted.

### Blake Lively just lived out your fantasy, ladies

As details of **Blake Lively** and **Ryan Reynolds'** weekend wedding surface, it's becoming clear just how romantic the couple is. For the location of their nuptials, they chose the South Carolina house used in the film "The Notebook," according to People magazine. They began planning the wedding a month ago, with Lively reportedly only telling her "Gossip Girl" bosses that she needed time off three



► Crow

weeks ago.

### Sheryl Crow blames phone for tumor

**Sheryl Crow** developed a benign brain tumor earlier this year, and she thinks it may be all her cell phone's fault. "There are no doctors that will confirm that. [But] I do have the theory that it's possible that it's related to that," Crow tells **Katie Couric** in an interview. "I [used to spend] hours on the old archaic cell phones." Crow explains that the location of the tumor was suspiciously close to where she used to hold the phone.



## Gaga dresses down and Zac gets cozy with a fan

**1** Not even the royals can top this hat: **Lady Gaga** was spotted in London earlier this week looking, all things considered, closer to human than usual.

**2** **Michael Stipe** was looking a little lost on the red carpet at The **Mario Batali** Foundation Inaugural Honors Dinner. Our best guess: He was fresh off a run-in with fellow attendee **Rachael Ray**.

**3** **Ewan McGregor** and **Naomi Watts** hit the red carpet for their new film, "The Impossible," at the Toronto Film Festival on Sunday night.

**4** Are you seriously telling us that **Zac Efron** snuggled up to some random fan at the Toronto Film Festival? Our heart — it will never go on.

**5** **Tony Hawk** still has it — on the board and in the skinny

jeans. The skateboarder did an episode of "Town Hall" with SiriusXM on Monday, then hit the streets of New York.

1. NEIL MOCKFORD/FILMAGIC  
2. DAVE KOTINSKY/GETTY IMAGES  
3. JASON MERRITT/GETTY IMAGES  
4. ERNESTO DIESTE/NOVIGETTY IMAGES  
5. RAHAY SEGEV



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# All in favor, say Yeasayer

► Brooklyn band on keeping their songs interesting but keeping their appeal broad ► Singer says their 'Fragrant World' wouldn't exist were it not for Prince

For an experimental-minded band with an ear for hooks, there's a fine line to walk between pushing new sounds forward and maintaining a larger audience's attention. That's the dichotomy at work in the music of Yeasayer, the Brooklyn band that released their third record, "Fragrant World," late last month.

The follow-up to their breakthrough indie hit "Odd Blood" picks up where that eclectic mix of far-flung rhythms, synths and off-kilter dance beats left off, on songs like "Longevity," a churning layer cake of sound that squiggles and glitches, but coalesces into a romantic, multi-tracked harmonized groove.

"That's the challenge, right? Trying to make some interesting sounds, but have them work in a three-and-a-half to

"We'll build up songs until they're sky-high." CHRIS KEATING

four-minute context," says vocalist Chris Keating. "Trying to walk that line between experimenting and still have interesting melodies that are accessible, it's part of the fun."

Theirs is a process of stuffing as many tracks into one song as possible, says Keating.

"We'll build up songs until they're sky-high and start to strip away for a lot of it."

He says it's a technique he's long admired in Prince.

"We pile on ideas, then strip away a lot of the middle and lower layers, and leave this floating melody," says Keating. "He was an expert at that kind of craft."

The result makes for a richer listening experience.



► Yeasayer's "Fragrant World" is out now.

A lot of their songs are three different tracks chopped together. Keating wishes he could release full versions of every piece of song on the album.

"You can't put out songs every week for a year, which I would like to do," he says.

A bigger artist — for example, he says, Kanye West — could "drop a song on his website once every week, but when he puts out the album someone really evaluates that piece of work as an artistic statement as

The band, saddled with the "indie world music" moniker, says it was an inside joke that's gotten out of hand.

► "It's clearly inaccurate," Keating says. "I think some of that is subtle, not intentional, racism. Because we have a guy in the band who happens to have dark skin and an Indian background, people talk about 'that world-music band.'"

MIKEAL GREGORYSKY

opposed to a collection of songs."

You could spend a lot of time doing the same for "Fragrant World."

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► Bradley Cooper stars as the conflicted author Rory Jansen, opposite Jeremy Irons in "The Words."

# Mr. Confident, suddenly scared

► Bradley Cooper was shaken by his latest role in a drama directed by best friend, Brian Klugman  
► 'I was worried I really didn't get Rory,' the actor says

**Quoted**

**"I don't see Rory as a slimebag at all. I see Rory as a man who's not really a man and grappling with what it is to be a man."**

COOPER

For Bradley Cooper, signing on to star in "The Words" — co-written and co-directed by his childhood best friend, Brian Klugman — was a no-brainer. But that doesn't mean he was entirely comfortable actually playing Rory Jansen, a struggling writer who discovers a lost manuscript and passes it off as his own, leading to overnight literary success.

"I was very scared that I was going to fail [Klugman and codirector/co-writer Lee Sternthal] when they asked me to do it," Cooper admits. "I said yes because I would do anything for them. Brian is my best buddy. It was a week before shooting, I was reading the script one last time, and he knew I was worried that I really didn't get Rory."

The multilayered film follows Rory's rise to fame while also telling the story recounted in the lost manuscript, a tragic love story set in post-World

at the heart of the plot may be tough for audiences to sympathize with, Cooper found a way of understanding Rory's decision.

"It's much more complicated than a plagiarist who wants success. His goal is not to be a famous writer. His goal is to meet the expectations he has of himself," Cooper explains. "I don't see Rory as a slimebag at all. I see Rory as a man who's not really a man and grappling with what it is to be a man. I think his Achilles' heel is his impatience. And the thing I really liked about the script, and the hook for me, was the fact that he actually is a good writer. He's not a poor writer who's just looking for any way to get success, but he's just so preoccupied with living up to some idea [of] who he thinks he should be. That's his fatal flaw."

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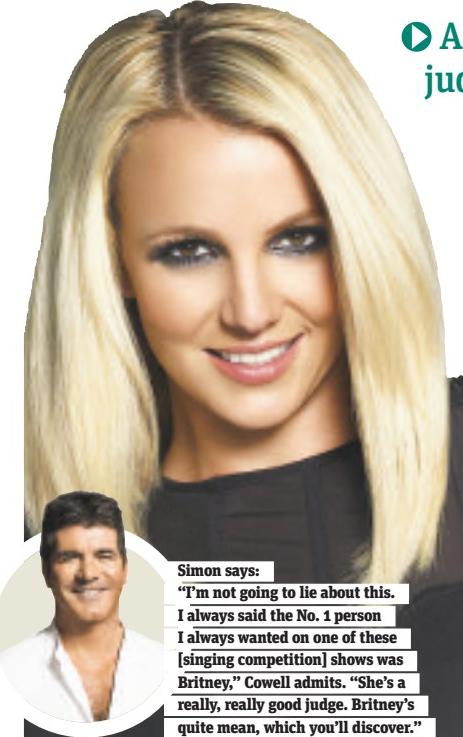
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# Do they have the 'X Factor'?

► A new crop of singers shoots for stardom ► But all eyes will be on judges Britney Spears and Demi Lovato when Season 2 premieres  
 ► What Simon Cowell's new tablemates bring to the show



## Britney Spears

### Why she joined the show:

Spears began thinking about the show thanks to an unlikely source — the makeup artist she shares with Cowell. "We talked about ['The X Factor'] a couple of times when I was on tour, but really never took it seriously until she went back and she started working for him," Spears says of the go-between. "Then we just all met up, and it made sense."

### What she brings:

Few have weathered the ups and downs of stardom the way Spears has. "I've been able to help this talent come in and achieve their dream, and I can relate to them ... because I started out at such a young age. I know the foundation and the depth of what you go through [to achieve] your dream," she says.

**AMBER RAY**  
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**Simon says:**  
 "I'm not going to lie about this. I always said the No. 1 person I always wanted on one of these [singing competition] shows was Britney," Cowell admits. "She's a really, really good judge. Britney's quite mean, which you'll discover."

## Demi Lovato

### Why she joined the show:

Lovato had dreams of auditioning for "American Idol" — not that the former Disney star needed that show to achieve fame — but found her way onto a reality competition regardless. "By the time that I turned 19, here I am sitting on the panel with [Cowell, the former 'Idol' judge]. I never thought that I would be doing this. It's such an honor."

### What she brings:

Lovato — who has worked in the industry for 10 years, or half her life — views her youth as an advantage. "The expertise that I'm able to contribute is ... I know what my friends like," she says. "We're in our early 20s and late teens, and it's a really interesting thing when you bring a much younger demographic into the competition. [Teens are] really great judges. We know what is needed in this industry."

"The X Factor" premieres tonight at 8 on Fox.



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# Fall gaming preview

With a new Wii device and a slew of cutting-edge games, autumn brings with it plenty of things to keep even the most avid gamer busy

Summer is typically a dry season for the gaming industry. The big publishers, safe in their illusion that gamers actually go outside, hold the big releases for fall. Well, guess what? Summer is fading faster than the Arctic Circle. Here is the stuff you'll be playing in the next few months.

## Nintendo Wii U

**Release date:** November

Nintendo's follow-up to its massively successful Wii is almost upon us. The hook? A rather large touchscreen controller (think iPad) that is not only

### Sidescroller



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used as a second screen but also can be used to stream games when someone else wants the TV. The tyranny of that one roommate who doesn't know when to quit playing video games is finally over.

On the games front, the big N has prepped an adequate, if not great, launch lineup for the

system. Be on the lookout for a new sidescrolling Mario title, a zombie adventure and a collection of controller-specific minigames.

### 'Halo 4'

**Console:** Xbox 360

**Release date:** Nov. 6

There is no better respected name in first-person shooters than "Halo;" Master Chief single-handedly put Microsoft on the home console map. On the docket for the first installment of this new trilogy? A four-player cooperative story mode that is split up into episodes like a television show. Also, the map

editing tool is receiving a much-needed upgrade.

### 'PlayStation All-Stars Battle Royale'

**Console:** PS3/Vita

**Release date:** Nov. 20

Sony is getting into the mascot fighter genre that has been Nintendo's bread and butter. Imitation aside, it still looks like a fun fighting game that will remind you just how deep Sony's bench is. PaRappa the Rapper, Ratchet, Clank and even Nathan Drake — the gang's all here.

*Metro does not endorse the opinions of the author, or any opinions expressed on its pages.*

## News in brief

### iPhone stumps President Obama

We're pretty sure President Obama won't be lining up for the new iPhone anytime soon — it seems the POTUS is thoroughly "befuddled" by the Apple device.

During a campaign trip to

Florida on Sunday, President Obama wanted to personally call and thank two particular volunteers for a job well done. White House trip director Marvin Nicholson passed the president an iPhone to make the call, but the commander-in-chief was at a loss for the next step.

"Oh, I got to dial it in. Hold on, hold on. I can do this. See, I still have a BlackBerry," the president said, according to Politico journalist Reid

Epstein's comment in a pool report.

But the iPhone stood its ground, refusing to yield to the president. And Obama, in turn, jokingly blamed Nicholson for having an insufficient cellphone plan, says a Washington Times blog.

Obama finally mastered the fine art of the iPhone dial-pad and was able to contact both volunteers, but it seems like his loyalty to his faithful BlackBerry will remain intact after the



experience.

Not all Apple devices seem to perplex the president, however. During a recent Reddit interview, the president proved his identity to readers by posting a picture of himself. People were interested to see Obama typing away on an Mac, scoring a powerful point for Apple in the long-waging battle between PC and Mac users.

NEHA PRAKASH FOR  
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mywellbeing

# 5 trendy, healthy ancient grains

More over, wheat, rice and corn — crops like millet and amaranth are back in vogue, thanks to their outstanding nutritional profiles and complex flavors. Here are five old-fashioned grains that will bring new life to your dinner plate.

#### Farro

Sometimes referred to as "spelt" or "hulled wheat," this chewy, nutty grain is an early variety of wheat that has fed Mediterranean populations for thousands of years. Farro is a terrific source of fiber, which helps lower cholesterol by interfering with its absorption in the gut. Farro makes a terrific base for a salad — just combine with chopped veggies and a simple vinaigrette dressing.

#### Buckwheat

Buckwheat is not actually

#### Joy's healthy bite



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wheat or a grain, but rather a fruit seed. It's gluten-free, unlike true wheat. Unroasted buckwheat has a soft, mild flavor, while the roasted variety (kasha) has an earthy, nutty taste. For a nutrient-rich fall breakfast, whip up a batch of buckwheat pancakes and top with warm sautéed apples.

#### Millet

Archaeological evidence suggests that the ancient Chinese may have farmed millet before rice. The grains are tiny, round and can be white, gray, yellow or red. Animal studies suggest that millet may help lower

#### Amaranth

This "grain" is not actually a grain, but rather a seed. Amaranth is a terrific vegetarian source of iron — a one-cup serving provides 30 percent of the daily requirement.

Iron ensures a healthy oxygen flow to all of your body's cells, so getting enough is important for fighting fatigue and keeping your immune system on high alert.

A bowl of creamy, hot amaranth cereal is a terrific alternative to your usual oatmeal. Just add 1 cup amaranth to 3 cups boiling water and simmer over low heat for about 25 minutes.

#### Teff

Teff is believed to have originated in Ethiopia, where many of the top marathon runners in the world rely on it as nutritional fuel. It beats out all other grains as the best source of calcium and also provides a good dose of magnesium, another bone-strengthening mineral. With its mild, nutty and slightly sweet flavor, teff flour is a nice addition to muffin, pan-

cake and quick bread batters and a common ingredient in gluten-free baked goods.

— For more tips on healthy eating, follow Joy Bauer on Facebook and Twitter (@joybauer) and visit [www.joybauer.com](http://www.joybauer.com).

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- Ankle or foot pain?



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**Health notes****Y don't you go?**

There are two upcoming events at the 92nd St. Y that we wanted to put on your radar: Tomorrow at 7:30 p.m., Mayor Ed Koch will join some high-power octogenarians for a discussion on staying

healthy later in life. And on Sept. 23, the Y is hosting a health fair where visitors can get skin-cancer screenings, lung-functioning tests and advice on nutrition, stress reduction and other topics. For the full list of events throughout the month, visit [www.92y.org/health](http://www.92y.org/health).

**Gain from grains**

The Whole Grain Council has



► Mrs. Alec Baldwin will help you get low on Saturday.

**Fitness in the park**

Head to Central Park this Saturday for the FITNESS Magazine Mind, Body, Spirit Festival, which is offering yoga classes led by Hilaria Thomas Baldwin (pictured), plus free on-trend workouts from SurfSET (where you'll mimic water moves on a portable surfboard), PureBarre (to look long and leggy, like a ballet dancer) and Training Camp (boot camp to get your heart rate high). Everything is free and first-come, first-served, except the day's four-mile run — for that, register online at [www.nyrr.com](http://www.nyrr.com) (prices vary).

**Who is your doctor voting for?**

- **42.3 percent** plan to vote for Obama.
- **32.7 percent** plan to vote for Romney.

*Source: Physicians Practice Great American Physician Survey*

kicked off September, Whole Grains Month, with a Whole Grain Deal of the Day every day this month. Visit [www.wholegrainscouncil.org](http://www.wholegrainscouncil.org) to score discounts on brands like Barilla, Kashi and Quaker. In addition to that, the WGC is teaming up with EatingWell magazine for a Whole Grain Makeover Contest: Recreate a classic recipe with a whole-grain spin and be entered to win a \$1,000 prize package.

**Show off your skills**

Ladies, check out Under Armour's What's Beautiful campaign at <http://whatsbeautiful.ua.com> to set goals, track your workouts and compete against fellow users for a chance to nab an all-expenses-paid training trip to Florida with first-class coaches, trainers, nutritionists and athletes. Did we mention spa treatments

are included?

**Thanks, Athleta!**

All month, Athleta is hosting a slew of activities for National Yoga Month. Pop by any shop on Saturdays in September for complimentary yoga classes, and visit [www.athleta.com/yogamonth](http://www.athleta.com/yogamonth) each day for tips, classes, giveaways and activities all centered on the centering practice. ● **MEREDITH ENGEL**

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# Why you need to have more sex

► The benefits go beyond those final moments of ecstasy ► Why Viagra should stay out of your cabinet

According to Brian Clement, N.M.D., Ph.D., L.N., "Everything we do is sexual. Even this conversation is sexual." Though that's news to us, we get what he means: Sex is as fundamental and natural an urge as eating and sleeping.

"Sexual vitality is important to a healthy body and to mental well-being, but social and religious oppression has turned it into something bad," states Dr. Clement, the director of the renowned Hippocrates Health Institute in

West Palm Beach, Fla.

Dr. Clement's latest book, "7 Keys to Lifelong Sexual Vitality," co-authored with the Hippocrates Institute's co-director, his wife Anna Maria Clement, N.M.D., Ph.D., L.N., strives to debunk sexual stigmas and put us on track to having great sex — for our entire lives. And that doesn't mean resorting to Viagra or any other drug.

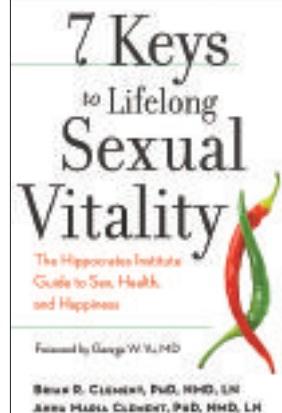
"That's the synthetic answer," he says. "Most of the Viagra taken is by young guys aged 20 to 28 using it as a recreational drug. By the time they're 35 or 40 they won't be able to perform sexually. Our book talks about sustainable intimacy without the mental, religious or social stigma and

indoctrination."

He's not talking about a sexual free-for-all, though: "Promiscuous sex is as damaging to the psyche as no sex," says Dr. Clement.

According to the book, a healthy lifestyle aids sexual health. In return, healthy sex strengthens the immune system, relieves stress and depression, lowers blood pressure and more. "Sex floods the body with good hormones," says Dr. Clement. "Your self-image improves, your mental well-being improves. Sexual repression causes many mental health problems."

 **LINDA CLARKE**  
letters@metro.us



## Dr. Clement's keys to super sex:

- Proper nutrition
  - Detoxification
  - Exercise
  - Strong communication with your partner
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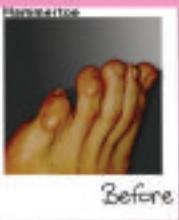
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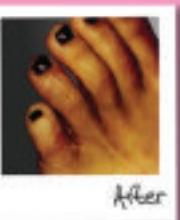
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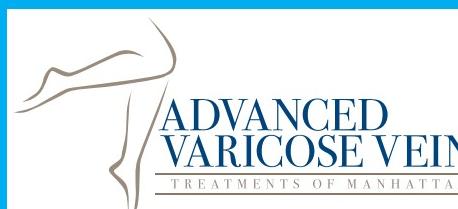
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## Today in medicine

### Video game violence dulls pain

**Study subjects:** 40 people  
**Location of study:** U.K.

**Results:** Keele University found that after 10 minutes of playing video games, participants experienced a 65-percent increase in tolerance to pain stimuli — holding their hands in iced water — than before they played. **Significance:** The researchers think the higher tolerance to pain could be the result of our fight-or-flight response to stressful situations, and a quicker heartbeat.

### Latinos have higher diabetes risk

**Study subjects:** Overweight white, black and Latino adults  
**Location of study:** U.S.

**Results:** A multiracial study at Cedars-Sinai Hospital found that Latinos were more likely to store fat in the pancreas and were less able to produce adequate



PIXLAND

► Playing video games may weaken sensitivity.

amounts of insulin. **Significance:** The study is part of research to prevent diabetes and to find out why some obese people develop Type 2 diabetes and others don't. One factor could be that a healthy pancreas creates more insulin to compensate for high blood sugar levels.

### Infertility and BMI

**Study subjects:** 276 mature in vitro fertilization-resistant human eggs

**Location of study:** U.S.  
**Results:** Researchers from Brigham and Women's Hospital found that 60 percent of eggs from obese women tested had more than one spindle (one is the norm), while 35 percent from the normal BMI group had more than one. Even among the single-spindled eggs, 30 percent from the obese group had disorganized chromosomes versus 9 percent of the healthy-weight women.

**Significance:** "This study is the first to shed light on how BMI might adversely affect egg quality in women," says study leader Dr. Catherine Racowsky.

● LINDA CLARKE

### Cocoa's benefits

**Study subjects:** 2,575 people  
**Location of study:** U.S.

**Results:** Research out of Harvard found that eating cocoa may decrease blood pressure, improve blood vessel health and improve cholesterol levels.

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- I get an extremely painful "cramp" in the area of my third and fourth toes when wearing shoes.
- My toes aren't straight – they are crooked, bent and hurt.
- I have painful calluses on the ball of my foot which keep building up.
- I have corns on my toes which get thicker no matter what size I wear.
- The bottom of my heel hurts all day, but it's worse when I step out of bed in the morning.
- I have cramps in my legs which always happen when I walk the same distance.
- My ankles are swollen most of the time.
- My feet are always dry and scaly – sometimes they itch.
- My feet just hurt all over when I stand or walk a lot.
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# MOD, MIDRIFFS AND



## Reviews

**1 Marc Jacobs:** This September marks the 50-year anniversary of Andy Warhol's famous "32 Campbell's Soup Cans" and a major retrospective at the Met. So it's not a complete surprise that the cooler-thou mod squad crept into the fashion ether. At Marc Jacobs' Spring show, models donned up in severe side parts and smudgy black eyeliner reminiscent of Edie Sedgwick stormed the runway in bold black, maroon and beige stripes. The graphic appeared on shrunken blazers, trapeze jackets and low-slung midi skirts. Unlike the denizens of the Factory though, Jacobs' is a career girl. Curvy dresses with scalloped hem, sensible skirt suits with long, lean silhouettes and ruffle-collar separates would fit right in at an office — the midriff-baring cropped tops, including a black, full-sleeve version featuring Mickey Mouse, not so much. The show-ending series of gowns went from trippy prints back to stripes and wowed with sheer chiffon panels and sequins. In a week that saw a lot of the same ideas, Jacobs' collection



1

brought a new, leaner look to the table. That, coupled with the fact that fashion's latest "it" girl, Leandra Medine of the blog Man Repeller, hosted the lifestream for the show would make Warhol proud. **TINA CHADHA**

**2 Donna Karan:** Donna Karan struck gold with her choice of materials for her Spring line. Sheer jersey and paper

linen molded perfectly to create architectural silhouettes and artful pleats and folds. But the natural, organic feel of the fabrics, paired with Karan's use of dusty, cold-dyed colors, gave the collection a dreamy tone. This effect of sharp lines and soft shades was meant to evoke "sunrise and sunsets in the city" — you know, those pretty moments when light

reflects off skyscrapers. The cool, cropped jackets, worn over empire waist dresses, will be just what a city girl needs when those buildings' air conditioning kicks into gear. **TC**

**3 Tibi:** Amy Smilovic once again nailed power dressing for hip girls. For Spring, she showed clean, smart, menswear-inspired separates such as slick,

black leather plump tops, simple T-shirt dresses and light, over-sized chambray vests. There was also a beautiful series of laser floral cutouts. The piece de resistance: a baby-blue suit with low-slung trousers, boxy boyfriend jacket and crop top. You can just picture the carefree girl who wears it riding waves at the beach before heading to work. **TC**

## Trending: Cropped bar tops



## Trending: Jacquards



## Interview

### Amy Smilovic for Tibi

Please sum up your Spring collection in a tweet (140 characters or less).

Tibi Spring '13 is all about structure, shape and accentuated waists — all done in an eased-out fashion.

**What keeps you sane during Fashion Week?**

Coffee, sugar, carbs and good music.

**What will be your Fall staple?**

Beatles skinny pants, oversized drop-shoulder coats and techno fabrics.

**What's your soundtrack to Fashion Week this season?**

I'm loving anything by MNDR, Sydney Valette and



The Vaccines.

**What's the most embarrassing item in your closet?**

My prom dress. I'm nostalgic about my clothes and just can't get rid of it.

## Spotted front row



► Ricky Martin at Marc Jacobs



► Alexa Chung and Hailee Steinfeld at Marc Jacobs

GETTY IMAGES

# EVEN MICKEY MOUSE



3



4



5

**4 Timo Weiland:** The Timo Weiland show started quietly — with crisp white, of course — but it soon erupted in blown-up acid-yellow houndstooth prints and a rainbow of riotous zigzags. An obsession with Keith Haring and the artist's role in the early hip-hop scene led to the graffiti graphics that punched up taupe pencil skirts, elegant car coats and flirty dresses. But at times, the 1980s references felt too heavy-handed; the models' crimped high ponytails and faux cornrows certainly didn't help. **RAQUEL LANERI**

**5 Chris Benz:** Chris Benz announced he has lowered his label's price point, but you would never know based on the luxurious magpie rags he showed for Spring. Think granny chic, with youthful insouciance: crinkled floral fils coupe slip dresses worn with hexagon-print pants and matching jackets, or beaded poplin blazers mixed with carnation silk and lace. Benz also debuted a new denim line, featuring wide-legged trousers as well as skinny ankle jeans in gold, melon and pink — all worn under piles of Jacquard paillettes and lace, of course. **RC**

## Three names to watch

On Saturday night, Milk Studios hosted a trio of young upstarts on its spacious eighth-floor galleries. First up: Ostwald Helgason, a London-based duo whose graphic, color-blocked flared dresses and geometric-print tops combined couture techniques with youthful exuberance. The buzzy Jonathan Simkhai showed leather board

shorts, silk Hawaiian shirts and Jacquard bra tops, but his surfer-babe shtick felt old — and a white eyelet-top-with-shorts ensemble was pure Prada Spring 2010. The night's standout, however, was Dean Quinn, a Versace alum whose clean, minimalist garments — like a sexy yellow asymmetrical vest or a red, drop-waist tank dress with a pleated skirt — recalled the promise of a young Narciso Rodriguez or Calvin Klein.



Ostwald Helgason



Jonathan Simkhai



Dean Quinn

## Interview

### It's her 'House'

We caught up with Joan Smalls, one of the new hosts of MTV's "House of Style," at the Mercedes-Benz Fit for Fashion event at Lincoln Center. She dishes on the new gig, her fashion crush, and what keeps her sane during this time of year.

Congrats on the new gig hosting MTV's "House of Style." Do you have a dream guest?

I have a couple. I would love to introduce the world to people in our industry who are icons, such as Tom Ford, Riccardo Tisci and Karl Lagerfeld — you know, put a



► Who would make fun of this lady?

different spin on them, see them for who they truly are.  
**Do you choose your wardrobe for the show?**

Yes, we have input, because it's our style and our personality, so we need to feel comfortable in what we wear. They have a selection and from there we can mix in pieces we have already.  
**Who are some people you follow on Twitter?**

I follow Modelounge, Choupette — Karl Lagerfeld's cat — Paris Hilton, Obama, the Dalai Lama, Oprah, Rihanna, and then a lot of fashion people from editors to designers to stylists.  
**This is sure to be a crazy week for you — what keeps you sane?**

Probably sweets. [Laughs] Anything chocolate-y. I'm not that picky when it comes to sweets. That, and a massage every now

**"I get inspired by everyday life, walking in the streets of New York and London."**

**SMALLS**

and then.  
**Kanye West gave you a shout-out in his song "Christian Dior Denim Flow."**

Yeah, I know! Being from Puerto Rico, you grow up listening to his music and seeing him as this extremely talented artist. To then hear him rap about you, I'm like, "Wow, he actually noticed!" This is super cool because now the kids back at school that used to make fun of me can [hear it].  
**You got made fun of?**

Of course. For being too skinny

and too tall.  
**Whose style has influenced you lately?**

I get inspired by everyday life, walking in the streets of New York and London. I like the individuality that people have and the self-expression. It's cool to be creative. I also love Carine Roitfeld's style, and Rihanna's, because she really doesn't care.  
**Are you based in New York?**

I am, in Brooklyn.  
**How do you get around? Do you take the subway?**

Listen, I take the subway, I take taxis, and hopefully I'll be taking this bad boy home [points to Mercedes G-Wagon].

**We don't believe that you take the subway.**

No, trust me. I can show you my MetroCard, but I left my purse in the car. **MEREDITH ENGLE**

## myletters&amp;games

**Letters****letters@metro.us****Dems picking all the wrong friends**

RE: "LOVE'S LABORS LOST TO LEFT HATE-SLINGING" (METRO, SEPT.

10) After reading about all the hatred against Mia Love, you would think the same Democrats who claim to be champions of women and minorities would be denouncing the hatemongers. No surprise that the same Democrats who claim to be pro-woman support Bill Maher and rap music. They were silent when Obama was taking "donations" from Maher, the CAIR and a rapper who calls women "bitches." As for race, could you imagine what would happen if someone did the same thing to Michelle Obama's Wikipedia page? Democrats hate women and minorities who can think for themselves because the DNC still idolizes racists like

Robert Byrd and Al Sharpton.  
**ROCCO LORE, VIA E-MAIL**

It's a real shame that some people don't want people such as Mia Love to express themselves. That is what this country is supposed to be about: diversity of thought and respect for each other's opinions and ideas.

**BARBARA TARVYDAS, VIA E-MAIL****To hateful mouths: Insert left foot**

RE: "COLUMN RAISES KANE ON HOW BOTH SIDES TREAT FEMALE POLS" (METRO, SEPT. 11) Letter writer Douglas Brown manages to shoot himself in the foot quite nicely in the Sept. 11 letters. After whining about how the right-wing conservatives (or "wrong-wing conservatives," as he

calls them) are the ones who taught the left how to hate, he brings up one of the most obvious cases of left-hate paranoia in recent years: the shooting of Gabby Giffords. Of course, he doesn't mention Giffords by name — nor Sarah Palin, who the left immediately blamed for the shooting spree of Jared Loughner, who was revealed to have no political motive for his insane actions.

HANS HAUGEN, ASTORIA, N.Y.

But that's the loving left: Once they start with an accusation, they just keep repeating it until they even believe it themselves. **FRANK DIXON, VIA E-MAIL**

Douglas Brown thinks that people shouldn't call each other names based on political views, then proceeds to do just that. Have you ever seen

E-mail your letters: **letters@metro.us**

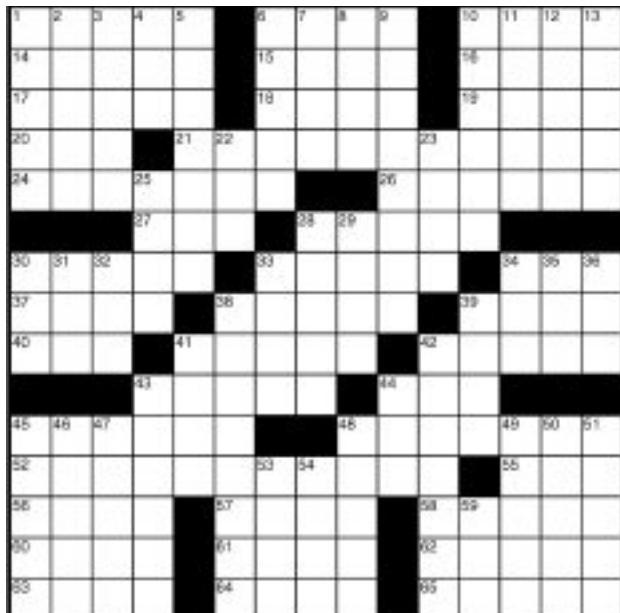
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Metro reserves the right to edit all letters.  
Please include your name and contact information.

**Across**

- 1 Drop a glass
- 6 Trendy
- 10 Pear variety
- 14 — luego!
- 15 — — — tat-tat
- 16 Soprano's counterpart
- 17 Gain admission
- 18 Dolly and her clones
- 19 Use a spatula
- 20 Not sm. or med.
- 21 Fiber sources (2 wds.)
- 24 Left in the lurch
- 26 Assert without proof
- 27 Tattoo site
- 28 Brawl
- 30 Athletes
- 33 100 kopecks
- 34 — wheel
- 37 Autobahn vehicle
- 38 Beatles' "Eleanor"
- 39 Raspberry stem
- 40 Mo. multiples
- 41 Keg stoppers
- 42 Blandly urbane
- 43 Groovy
- 44 Stick up
- 45 Cellar access
- 48 Spooky
- 52 Thingamajig
- 55 Carioca's home
- 56 Diatribe
- 57 Really impresses
- 58 Fix a manuscript
- 60 Adams or Brickell
- 61 Found a roost
- 62 Cast a shadow
- 63 Got a load of
- 64 Sudden urges
- 65 All-out

**Down**

- 1 Rock ledge
- 2 Tropical fruit



- |                        |                     |                             |
|------------------------|---------------------|-----------------------------|
| 3 Late bloomer         | 25 S.A. monkey      | 43 Was the right size       |
| 4 Sault — Marie        | 28 Humid            | 44 Sorority letter          |
| 5 Bays                 | 29 Subsides         | 45 Fallen-rock debris       |
| 6 Squeaking noise      | 30 Blue-gray bird   | 46 Bootlicker               |
| 7 Goldie of "Laugh-In" | 31 Not just my      | 47 Comics orphan            |
| 8 Gossip tidbit        | 32 Boombox platters | 48 Main points              |
| 9 Offhand              | 33 Ice palace       | 49 Buy a round              |
| 10 Stump               | 34 Meadow murmur    | 50 Grammy winner — Ronstadt |
| 11 Dragon puppet       | 35 Mdse. bill       | 51 Matterhorn echo          |
| 12 Hurt a little       | 36 "Golly!"         | 52 Ply a gondola            |
| 13 Grove               | 38 Escapes (2 wds.) | 54 Bed size                 |
| 22 Not RAM, but ...    | 39 Windy City team  | 59 Electrical unit          |
| 23 Beat a retreat      | 41 Laird's accent   |                             |
|                        | 42 Closest to now   |                             |

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**Horoscope**

**1 ♀ Virgo Aug. 23-Sept. 22.** An important commercial involvement is not likely to be conducted along conventional lines. However, this departure from traditional methods could present you with a great opportunity.

**2 ♀ Libra Sept. 23-Oct. 23.** Although you might get paired up with a new and unfamiliar partner in order to pursue a mutual interest, you'll enjoy every minute of it.

**3 ♂ Scorpio Oct. 24-Nov. 22.** Your chances for success will be greatly enhanced if you truly enjoy what you are doing. It will be up to you, however, to make the love of your task the motivating factor.

**4 ♀ Sagittarius Nov. 23-Dec. 21.** Establish lofty objectives for yourself, regardless of how far-fetched they may appear to be to your companions. You'll perform better if you feel you have to push yourself a bit.

**5 ♀ Capricorn Dec. 22-Jan. 19.** Don't lose faith, even if the going gets tough. Things should work out to your ultimate advantage, but only as long as you focus on victory.

**6 ♀ Aquarius Jan. 20-Feb. 19.** Decisions you make in which you are looking out for a loved one's interests along with your own have excellent chances of working out the way you're hoping.

**7 ♀ Pisces Feb. 20-March 20.** Your chances for personal gain are much stronger than usual today, especially if you get involved with some type of commercial arrangement with an influential friend.

**8 ♀ Aries March 21-April 19.** It is smart not to delegate an assignment to others that you're capable of doing better than anybody else. You work on it.

**9 ♀ Taurus April 20-May 20.** You're a resourceful person to begin with, so it isn't unlikely that you'll come up with one of your better ideas today. It not only could be profitable for you, but for everybody involved.

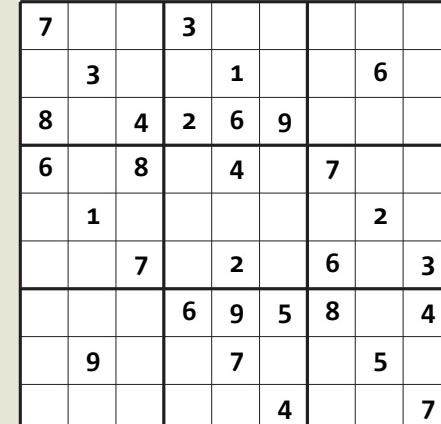
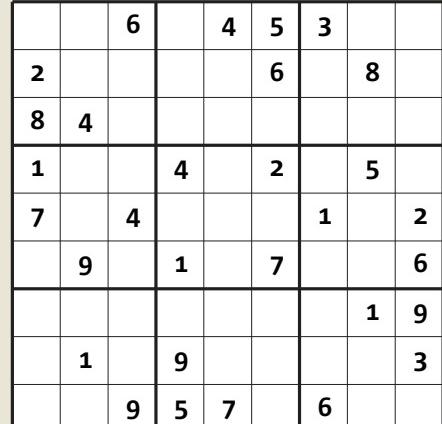
**10 ♀ Gemini May 21-June 20.** You should take advantage of a social invitation that gives you an opportunity to meet new people. There is a strong chance that you could link up with someone exceptional.

**11 ♀ Cancer June 21-July 22.** Lady Luck is in your corner where your financial interests are concerned. Chances are she will be arranging something quite unique, but it will require your immediate attention.

**12 ♀ Leo July 23-Aug. 22.** t doesn't matter if your tactics appear to be strange to your associates. As long as they are tailored to suit your needs, everything should work out to your satisfaction.

**BERNICE BEDE OSOL****Quite a long-term lesson plan**

RE: "HELPING THEM REMEMBER TO NEVER FORGET" (METRO, SEPT. 11) I don't mean to lessen the importance of 9/11, but is it really laudable for an English teacher to devote an entire year to teaching it? As opposed to teaching, say, English? I sincerely hope that was just hyperbole on your part.

**MARY SMITH, VIA E-MAIL****SUDOKU LEVEL: EASY****SUDOKU LEVEL: HARD****Solution to yesterday's crossword**

**How to play Sudoku:** Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

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# Tortorella talks as NHL lockout looms

The 2012-13 New York Rangers congregated at Riverside Park Sunday morning. Whether it was for the first time this season or the only time is to be determined.

"The New York Rangers camp is ready to go on [Sept. 21]. We're chomping on the bit to get going here. If they say

'No,' we'll wait [until] they say 'Yes,'" coach John Tortorella said about the state of the NHL labor talks prior to a charity event to assist the Westchester Humane Society. "I really don't have much information."

The collective bargaining agreement expires at midnight Saturday and commissioner



GETTY IMAGES

Gary Bettman has said the players will be locked out if a new CBA is not in place. A lockout would be the third in 18 years and the fourth work stoppage in 20 years.

The history of labor strife has created a pessimistic atmosphere that the season will start on time.

"Everyone that talks about it now, it seems like there's a bit of a negative spin put on it, but when you get down to crunch time, it's interesting how these guys try to get together," Tortorella said. "I'm very optimistic that things get done here and we get playing."

● DENIS GORMAN

# 3



# Like father, Like son

► **Josh Klecko is following in footsteps of his dad, famous Jets defensive lineman Joe** ► **Josh commits to Rutgers** ► **Dad says son has all the talent**

Perhaps in just a few years there could be another defensive tackle with "Klecko" on the back of his jersey rushing the quarterback and making big plays in the NFL.

Meet Josh Klecko, the son of legendary Jets defensive lineman Joe Klecko. Josh, a high school senior at Red Bank Catholic in Red Bank, N.J., who is dominating the competition in the Shore Conference, was one of the first players to commit to this year's recruiting class at Rutgers.

The younger Klecko is the on-field image of a father who is part of the Jets' "Ring of Honor" and was one of the most feared and revered defensive linemen during an 11-year career that began in 1977. Joe was always quick off the line and technically strong, traits now seen in his son.



FOCUS ON SPORT/GETTY IMAGES

► **Joe Klecko, center, was part of the New York Sack Exchange along with Mark Gastineau, left, and Marty Lyons.**

"Whenever I watch my dad, I honestly see a lot of myself. Just the way he used to do everything is exactly like me; at least that's what I think. The way he used his hands is what I try to do," Josh told Metro. "And even though my dad thinks I do not use my hands [enough] sometimes, I

feel like I'm getting better and hopefully I can be as good as him."

Josh turned down offers from UMass and fellow Big East member Temple to join Rutgers in 2013. At 6-foot-2 and 235 pounds, Josh isn't the type of bulky interior defensive linemen that grabs head-

lines, but he is technically proficient and has the frame to add size.

Josh will be asked to play the tilted nose tackle, the position his father made famous with the Jets, whereby he will align between the center and the guard and occupies both of the blockers.

"Josh can play anywhere along the defensive line. His ability and techniques do not limit him," his father Joe said. "All I said [to him] was, 'If you want it bad enough you can achieve it.'

"You just try to convey things to him that worked for yourself — a lot of things — but most of our concentration is about techniques and the mental part of the game."

**KRISTIAN DYER**  
sports@metro.us



GETTY IMAGES

► **Kerley stands out in season debut**

Training camp started off rough for wide receiver Jeremy Kerley, who was criticized by his usually positive head coach barely a day into the proceedings.

Things got a lot better Sunday afternoon.

It was a busy afternoon for Kerley, who put the Jets up 7-0 midway through the first quarter with an impressive catch on a 12-yard touchdown reception. Then, in the second quarter, Kerley bobbed and weaved for a 68-yard punt return for a touchdown, giving the Jets a 21-0 lead and a sense of inevitability about the afternoon.

"I've been hurt; I've been banged up. I haven't been 100 percent all the time like I can," Kerley said after the game. "Today was the best I felt in a long time. It's been awhile [since I was] at 100 percent. Everything just came together today."

The Jets went as far as to cut wide receiver Patrick Turner yesterday. Turner was banged up in the Bills game and the impressive performances of Kerley and Stephen Hill might have made the Jets feel like Turner's services were now expendable. ● METRO/KD

## In the news

**Harrison could return to face Jets on Sunday**

One of the most feared players in the NFL could be ready to suit up by this Sunday's Week 2 game with the Jets. Steelers head coach Mike Tomlin said linebacker and former Defensive Player of the Year James Harrison worked out Monday with the intention of playing this weekend. Harrison had surgery on his knee and didn't play in preseason or Week 1. ● METRO

## In the news



### Childress signs

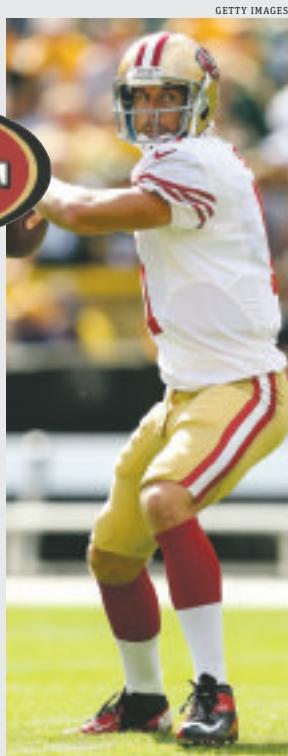
The Nets added veteran forward Josh Childress yesterday.

He signed a one-year deal at the veteran's minimum, which is all Brooklyn could offer.

Childress was a first-round pick of Atlanta in 2004 and while he played well, he never fulfilled the promise of being the No. 6 overall pick. He averaged just 2.9 points per game last season for Phoenix.

## Metro's NFL Power Rankings | by Mike Greger

# 1


**49ERS (1-0)**

They have the best defense and best coach in football. Heck, even Randy Moss contributed. They spent an entire year battling to earn some respect from the league and media. They made the NFC Championship game. And they still were picked to lose to the Packers without putting up much of a fight. Jim Harbaugh and crew wanted to make a statement in Week 1, and make a statement they did. They earn our top spot.


**PATRIOTS (1-0)**

Teams have had two years to gather tape on tight ends Aaron Hernandez and Rob Gronkowski, and still no one has found an answer for either of them.


**RAVENS (1-0)**

It's time to stop hating on Joe Flacco. He can make all the throws and this team is loaded on offense, for a change. We already know about Ed Reed, Ray Lewis, et al.


**BRONCOS (1-0)**

So much for worrying about all that rust on Peyton Manning. It's like he never left. And he has a much better all-around defense in Denver than he had in Indy.


**FALCONS (1-0)**

The aerial show they've been building and investing in is better than advertised. Did you see Julio Jones on Sunday?


**COWBOYS (1-0)**

Tony Romo always looks good in September, right? DeMarco Murray and Kevin Ogletree look like solid contributors as well. For now, they are contenders.


**BEARS (1-0)**

Naming former Vikings head coach Mike Tice offensive coordinator was maybe the biggest move any team made this offseason. Jay Cutler should be thankful.


**TEXANS (1-0)**

We'll take Arian Foster on one bad knee, with this dominating defense. Everyone's favorite Super Bowl pick may finally come through in the playoffs with Matt Schaub healthy.


**STEELERS (0-1)**

Sure they lost to an impressive Denver team, but they were one or two plays away. Tracy Porter, anyone? Big Ben will be fine.


**JETS (1-0)**

Who needs Tim Tebow? For one week, Mark Sanchez looked like Joe Namath. Stephen Hill looked like Don Maynard. And Darrelle Revis looked like ... Darrelle Revis.


**REDSKINS (1-0)**

Robert Griffin III isn't Cam Newton. He might be better. Put him on a team with Brian Orakpo and a motivated DeAngelo Hall, and you have a winner.


**PACKERS (0-1)**

The Pack will score points, but they won't get to where they want to go — nothing short of the Super Bowl — until the defense can figure it out.


**GIANTS (0-1)**

They were due for a letdown after last year's magical run to the championship. It's too early to panic: The Giants will be fine.


**CHARGERS (1-0)**

Philip Rivers was humming, but they can't settle for all those field goals. Against a team with a real offense, i.e. not the Raiders, they won't be able to pull it out.


**BUCCANEERS (1-0)**

With the guidance of former Rutgers coach Greg Schiano, they're the NFL's most improved team. They held the Panthers to 10 rushing yards on Sunday. Yes, 10.


**LIONS (1-0)**

They flashed the explosiveness that made them a trendy Super Bowl pick after a slow start. You can't get down on Matt Stafford and Calvin Johnson after one slow start.



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# Dickey comes up short in No. 19 bid

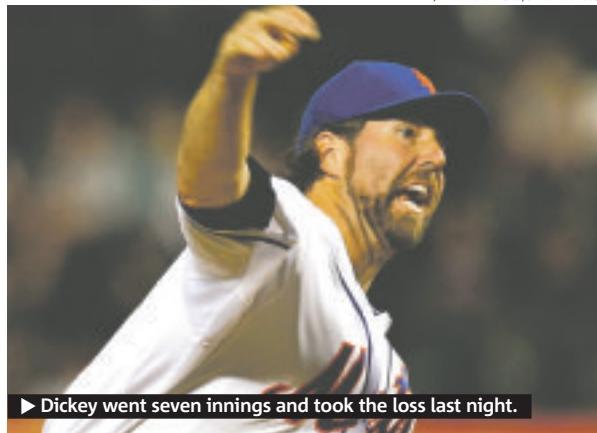
R.A. Dickey pitched deeper into the game than Washington's Jordan Zimmermann, but it wasn't enough to make him the second pitcher in the majors to grab win No. 19.

The Mets lost, 5-3, to the Nationals. Dickey went seven innings and scattered eight hits while allowing three earned runs. He left with the team trailing 3-2. But it was a familiar foe who did the Mets in — their own bullpen.

Frank Francisco entered in the ninth, looking to preserve that one-run deficit only to allow two crucial insurance runs. He got no outs and allowed three hits and a walk. Kurt Suzuki and Bryce Harper each singled to knocked in the runs.

Harper was 4-for-5 on the evening and raised his batting average to .265.

Scott Hairston led off the



► Dickey went seven innings and took the loss last night.

**19** Gio Gonzalez of the Nationals, who beat Dickey last night, is still the only pitcher in the majors to have won 19 games.

ninth with a home run for the Mets, but former Yankee Tyler Clippard closed the door after that to earn his 31st save.

 **MARK OSBORNE**  
mark.osborne@metro.us



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### Market watch



**CHEAPEST: \$259K**  
**320 E. 42nd St.**  
The cheapest apartment to hit the market this week is a studio at 320 E. 42nd St. This north-facing co-op with marble countertops is listed by the Hecht Group for \$259,000.



**PRICIEST: \$75M**  
**240 Riverside Blvd.**  
The most expensive property listed this week is an eight-bedroom condo at 240 Riverside Blvd. This fully furnished, 14,547-square-foot unit covering three levels — including its own spa/fitness center and panic rooms on every floor — is listed by Trump for \$75M.



StreetEasy.com is a New York-based real estate information portal that aggregates the most comprehensive set of sale and rental listings along with other useful info.

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# Your guide for buying in a new development

► Old paint and antiquated appliances — who needs 'em? ► Why now's a great time to move to a recently-finished property ► What to know before going in

As the housing market reels from the fall it took in back 2008, buying a pad in a new building is a smart idea, says Stephen G. Kliegerman, president of Halstead Property Development Marketing.

"You're starting to see more new developments come back to the pipeline," he says. "In 2012 we've seen a real incredible turnaround in the ability for developers to provide new condominium product that will

hit the market anywhere from now through 2012, 2013 or 2014."

Combine that with low interest rates (expect 2 3/4 to 3 1/4 percent interest, Kliegerman says), higher rents due to low vacancies and the opportunity to build equity by paying your own mortgage, and it's no wonder that the case is being made for ownership. If you're ready to buy, Kliegerman says primarily you need to ensure you're

fiscally ready to do so.

"The first thing you should do is make sure that your credit is in good shape. No. 2 is, you need to have a down payment. You're probably going to be putting down 20 percent, so you want to start saving money. Usually a developer will have a relationship with a bank who is their preferred lender and they'll send you to that bank to get qualified."

At the bank, have ready two



► Kliegerman's pick for the city's next hot neighborhood? Greenpoint! "[It] will be the next Williamsburg," he says.

## When you've found a property you like, it's important to move quickly

"Look for any building that's being constructed or any vacant land and start to do research," Kliegerman says. "Contact your local broker if you have one, take a look online through the

Department of Buildings to see if building permits have been issued so [you] can see what's being built on that — is it residential, is it commercial? Then I would try to contact either the broker or the developer early on to get on their pre-development list, because once those buildings come up to market, basically we go down the list: We call those people who

called us first. So the earlier you get in, the better ability you'll have to get an apartment there [and] to get your choice of what's available. We start taking names sometimes the day that construction starts or even sometimes before, and we keep those lists all the way until through when we open. It could be anywhere from 12 to 24 months, typically."

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current paystubs, your latest two years of tax returns, a letter of employment and any bonus history you have for the past two or three years, he says. Plus: "They're gonna want to run credit, and they'd like to see credit over 700."

Once your finances are squared away, your search can be that much smoother. If you're looking in a new development, Kliegerman advises finding a developer with a solid reputation.

"Almost every developer at some point has somebody who isn't satisfied, but what you're looking for is somebody with a healthy track record," he says. "Someone who responds to problems if they occur." To find a good developer, Kliegerman advises searching on the Internet (maybe the building you're interested in has the developer's bio on its website), researching the broker ("We turn business away from developers that we don't believe have the ability to provide quality housing stock because we don't want to be associated with the problems that come later," he adds) and asking friends who have bought spaces of their own.



► Closing a line of credit to look fiscally wise actually has the opposite effect, Kliegerman says.

### Help for those with poor credit

"There are ways to enhance your credit and there are credit counselors that are very good at helping you do that," Kliegerman says. "The worst that you can do is start to close lines of credit, believe it or not. Every time

you close a line of credit — this is what I've been told — your score goes down because the idea is that you can't afford to have the line of credit. You actually want to establish more credit — you don't want to use it, you just want to establish it. And don't be late. The worst thing is late payments."

### More advantages

"You're getting a better quality home, and some would say you're also getting a better quality neighbor," Kliegerman says. "Because they have invested interest in maintaining the value of their property, they're gonna take care of their home better — which means maybe they won't be as noisy, maybe they'll be more courteous in the hallways."

Kliegerman also recommends snagging a place with a 421-a real estate tax abatement, if you can find one. This means that the developer — through means such as providing affordable housing or being in a zone that encourages development — is able to lower real estate taxes for a number of years.

"The number of developments that will be receiving these benefits in the future is dwindling fast, making them a highly coveted commodity," he says.

**MEREDITH ENGEL**  
meredith.engel@metro.us

### Lessons in laundry



### Myths on suds and duds

We stopped by the WooliteWashed pop-up boutique (372 West Broadway, 917-524-9346) to get a refresher course on the task that keeps all homes running smoothly: laundry. Cleaning your clothes is more than separating whites and darks — we were surprised to learn some of these truths from the Woolite team.

**Myth:** Only hot water cleans and rids clothes of germs.  
**Truth:** Newer detergents on the market are specially made to work better in cold water. And it's not hot water that gets

rid of all germs — only a powerful chlorine bleach or special laundry sanitizer can.

**Myth:** The sudsier your detergent, the better.

**Truth:** Super suds aren't the goal each time you do a load. Abide by the dosing amount your bottle recommends.

**Myth:** Your detergent won't work as well if it's not blue.

**Truth:** Americans apparently place a high stock on blue detergents — they perceive them as "safe" and think that other colors may stain their clothes. But really, laundry dyes used in the U.S. are water-soluble and don't leave stains or residue.

**Myth:** Putting your clothes in the dryer causes wear and tear on the fabric.

**Truth:** It's not the dryer that eats through shirts and shrinks sweaters — it's the enzymes in your detergent.

Head to the WooliteWashed boutique (open until Sept. 16) to shop for clothes that have been washed in Woolite before hitting shelves. © METRO/ME

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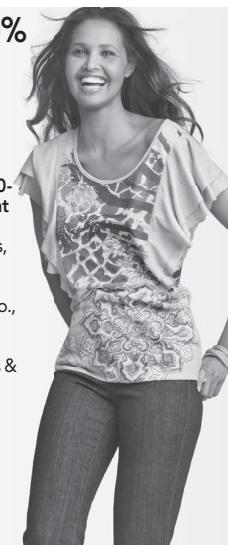


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